

## Ways to register:

Fill out attached form within this brochure!



**Mail** the form to our office to register:

Parkinson Canada  
610 Duchess Street  
Saskatoon, SK  
S7K 0R1



**OR contact** the office to register:

Michelle Carlson  
(306) 933-4481  
michelle.carlson@parkinson.ca

**Stay up to date on the Education Conference!**



**Follow us on Facebook:**

<https://www.facebook.com/parkinsonsaskatchewan/>

\*Don't have to have Facebook to view the page\*

## Accommodations

**Ramada Regina**  
1818 Victoria Avenue  
Regina, SK  
S4P 0R1



### Conference Rate:

\$135 for 1 Queen/ Accessible

\$145 for 2 Queens

\*Limited rooms available under  
Parkinson Canada\*

**Cutoff date for booking: April 7, 2017**

### To book a room by telephone:

Phone: (306) 569-1666 ext. 7200

Group Code - CGMEPS

### To book a room by email:

regina@saskramada.com



## Our Mission & Vision

Parkinson Canada is the voice of people living with Parkinson's. Our purpose is to improve quality of life through advocacy, education, research and support services.

Together we will create a better life and a brighter future for people living with Parkinson's today and a world without Parkinson's tomorrow.

 Parkinson Canada

# Living Well



## Education Conference

April 28-29, 2017 | Ramada Regina

### 5th Annual

### Education Conference

Saturday April 29, 2017

9:30 am - 3:00 pm

Ramada Regina

Regina, Saskatchewan

**Registration Deadline: April 20, 2017**



 Parkinson Canada

## Pre-Conference Session:



Friday, April 28th

*Knocking out Parkinson's:  
How to add boxing as an exercise*

Friday, April 28th

Doors open at 6:30pm  
7:00pm - 9:00pm  
Canadian South & Centre  
Ramada Regina  
**\$25 per person**

*Decadent dessert reception included  
(Cash Bar)*

As an added bonus, on Friday evening we will be offering a special boxing event *Knocking out Parkinson's: How to add boxing as an exercise*. You will have the chance to learn how to incorporate boxing into your exercise routine and you can even strap on some gloves to give it a try.

To register, please RSVP on registration form or contact:

michelle.carlson@parkinson.ca  
t: 306-933-4481

*Those living with Parkinson's* are some of the most inspiring people on this planet. They have a passion for embracing life and doing everything possible to live well with PD.

On Saturday, April 29th the Saskatchewan Parkinson community will be gathering at the Ramada hotel in Regina for the Living Well Parkinson Education conference. This one-day event will feature presentations on Nutrition and integrative care, Mental health and driving with PD. We will close the day off with a panel of health care professionals and persons living with Parkinson's fielding questions on *Living Well*. We hope to see you there.

**Saturday, April 29th ~ \$65 per person** (lunch included)

8:30am Registration ~ 9:30am - 3:00pm

Conference Canadian Ballroom, Ramada Plaza Regina

### Clinical Plenary:

**Tara Maltman-Just**, RPh ABAHP FMNM, is the Founder and Executive Clinician of Vitality Integrative Medicine, a ground-breaking professional health practice with patients across the country.

Tara has received a Fellowship in Metabolic and Nutritional Medicine, a Board-Certification in Anti-Aging, Regenerative, Functional Medicine, and is an award-winning Licensed Pharmacist.

Nationally recognized for her innovation and unique approach to 'treating the person, not just the disease', Tara regularly serves as a health expert for national radio, tv and print media, and is a Guest Lecturer at the University of Manitoba.

In addition to her full-time practice, she has continued her love of learning with a Masters Degree Program and Brain Fitness Certification through the College of Medicine at the University of South Florida.



### Expert Panel:

The Expert Panel is made up of inspiring healthcare professionals and people living with Parkinson's disease who will share their experiences on

how you can *Live Well* with Parkinson's. These motivating individuals will encourage you to find a way to *Live Well*, and will provide tips that you can apply to your everyday life.



### Mental Health:

**Dr. Todd Sojonky**, Ph.D., R.D. is a registered doctoral psychologist with extensive experience in individual, group and marriage and family counselling rooted in a trans-personal and relational approach to healing. Dr. Sojonky is well known for his motivational presentations and workshops. He will be presenting practical skills you can use to maintain mental health.

Thank you to our key sponsor for helping make this Education Conference a success!

**abbvie**